



Kimbrough's Tips and Tid Bits

Winter 2012

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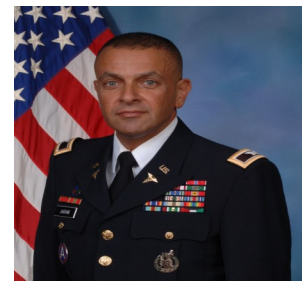
The New MEDDAC Commander

Kimbrough welcomes Colonel Danny Jaghab, the new MEDDAC Commander! He received his B.S. in Nutrition and Dietetics from Drexel University, a M.S. in Education and Counseling from Long Island University and a second M.S. in Strategic Studies from the Army War College. He completed his dietetic internship at Walter Reed Army Medical Center. His numerous Chief of Nutrition Care assignments include Kimbrough Army Community Hospital; the 46th Combat Support Hospital at Nasriyah, Iraq; Keller Army Community Hospital at West Point, NY; and DeWitt Army Community Hospital at Fort Belvoir, VA. Leadership assignments include Capitol Hill Dietitian at the U.S. Capitol's Attending Physician's Office, 6th AMEDD Recruiting Station Commander, PERSCOM SP Corps Branch Assignment Officer, Dietetic Internship Director, Brooke Army Medical

Center, Nutrition Program Director at the Center for Health Promotion and Preventive Medicine, Commander of Craven Army Health Clinic, Ft. Monroe, Va., and Commander of Rodriguez Army Medical Clinic, Puerto Rico. His awards include the Bronze Star Medal, the Agency for Healthcare Research and Quality John M. Eisenberg Award for Patient Safety in the national category of technology; the American Dietetic Association's Media Excellence Award; and the Department of Defense Patient Safety Award. During Colonel Jaghab's last command, his clinic received The Surgeon General's 2011 Excalibur Award. COL Jaghab is married to Delmy and they have three children; Jasmine, Daniel and Jennine.

COL Jaghab's three immediate priorities will be:

1. To provide the absolute best customer service to



patients, their families and the community by implementing the Patient Centered Medical Home system of health care which will improve continuity of care.

2. To maximize the use of KACC's new operating rooms and expanding our service lines for ambulatory surgery and for our specialty care clinics.

3. To innovatively support the Army Medicine 2020 Strategy which will redefine how our clinic will transform our health-care system into a system of health. The use of technology will play a pivotal role in engaging, motivating and staying connected with the MEDDAC community to prevent illness and promote wellness.

Influenza Season

We have begun executing our annual influenza (flu) vaccination campaign. Influenza is a serious disease that causes more than 200,000 people in the U.S. to be hospitalized every year and about 36,000 die from flu-related causes. Prevention is the key.

Hand washing is an important way to reduce or prevent the spread of many diseases, including seasonal flu. All persons are at risk for catching the “flu”. There are certain populations who tend to be most susceptible. These include persons who have been previously diag-

nosed with asthma, diabetes, Human Immune Deficiency Virus Infection, Acquired Immunodeficiency Syndrome, heart disease, metabolic, endocrine and blood disorders, chronic lung disease or cancer. By demographics, adults age 65 years and older and children younger than five are also at a greater risk.

Getting a flu vaccine every year is your single best protection. It therefore makes good sense to get vaccinated during flu season, which may last from October to May. Flu vaccination is recommended every year

because the flu vaccine you received during the last flu season won't protect you against this season's flu strains. We began vaccinating in late September at the Retiree Appreciation Day and we will be at the McGill Center starting October 9th thru October 17th. You will also be able to get a flu vaccine through your health care provider and at numerous other sites in our surrounding community, including pharmacies.

Vaccination is still the best way to protect you and your loved ones from getting the flu.

The New Green Clinic

Exciting changes are coming to our Primary Care Clinics in support of the Army Medical Home Initiative--with a focus on continuity of care, proactive management, illness prevention and patient involvement. The Warrior Clinic will be transformed into a full-service Family Practice clinic and renamed the Green Clinic. This change will increase the

Medical Provider's awareness for how each member's health impacts the entire family. During the transformation some patients will be transferred to other providers or clinics— **Green Clinic—Active Duty Army and their dependents, Red Clinic—Active Duty Navy, Marines, Coast Guard and their dependents and Blue Clinic—Active Duty Air Force, NOAA, Coast**

Guard, PHS and their dependents. Any dependents currently enrolled in the White Clinic (Pediatrics) will not be included in this realignment. If you prefer **not** to change medical providers in this transition, please call our dedicated realignment line at 301-677-9026 by October 31. Just like a physical renovation, this “virtual renovation” will involve some inconvenience but the improvements will be beneficial to patients and families.

Parking at Kimbrough

Staff members and patients have been parking along Llewellyn Avenue and Ernie Pyle Road. This creates a potentially hazardous condition for anyone attempting to cross the street to Kimbrough. Therefore, as of 20 August 2012, parking in these

areas will result in a Federal ticket and a fine! Leadership is encouraging staff members to utilize more distant parking spaces available along Y Street, 5th Street and in the Pavilion lot (at Llewellyn Gate) in order to free up spaces for our patients.



Is Someone You Know Thinking About Suicide?

Most suicidal people don't really want to die – they just want their pain or problems to end. About 80% of the time people who kill themselves have given definite signals or talked about suicide. One way to help is to ask about their thoughts/feelings about life (and death). Here are some things to do to help those in distress.

Warning Signs

~Observable signs of serious depression;

Unrelenting low mood, pessimism, hopelessness, desperation, anxiety, inner tension, withdrawal, sleep problems

~Increased alcohol and/or other drug use

~Recent impulsiveness and taking unnecessary risks

~Threatening suicide or expressing strong wish to die

~Making a plan;

Giving away prized possessions, purchasing a firearm, obtaining other means of killing oneself

~Unexpected rage or anger

You Can Help!!

Three Basic Steps:

A.C.E.

1. **Ask** about suicide
2. **Care**
3. **Escort** to get help

Step One:

Ask About Suicide

Be direct but non-confrontational. Talking with people about suicide won't put the idea in their heads. Chances are, if you've observed any of the warning signs, they're already thinking about it. Be direct in a caring way. Get the conversation started. *You do not need to solve all of the person's problems – just engage them.*

Questions to ask:

- Are you thinking about suicide?
- What thoughts or plans do you have?
- Are you thinking about harming yourself, ending your life?
- Do you have a therapist/doctor?
- Are you seeing him/her?
- Are you taking your medications?

Step Two:

Care

Take ALL talk of suicide seriously. If you are concerned that someone may take their life, trust your judgment! Do not worry about doing or saying exactly the "right" thing. Your genuine interest is what is most important. ***Be Genuine!***

Let the person know you really care. Talk about your feelings and ask about his or hers.

Step Three:

Escort to get help

Do not leave the person alone!

Referral resources:

- Call 911 (If an emergency exists)
 - MD Crisis Hotline - 1-800-422-0009;
 - Suicide Prevention Lifeline - 1-800-273-TALK (8255)
 - Kimbrough Behavioral Health - 301-677-8895
 - Unit Commander/Sr. Enlisted
- Reassure the person. Encourage the person to participate in the helping process.

Remember.....

You can make a difference to someone in distress. Get the conversation started.

You do not need to solve all of the person's problems – just engage them, and get them to one of the helping resources.



by Dr. Steven Berkowitz



Did you know you can book
appointments at -

TRICARE Online.com

or CALL 1-877-TRICARE



Tips to Avoid Pharmacy Delays!

1) Wait time is drastically reduced during off-peak times (0700 thru 1000 hours and 1630 - 1830 hours).

2) Selecting a 4-hour drop-off will allow the flexibility of shopping at the PX or Commissary while awaiting medications.

3) Simply call the Member Choice Center at **1-877-363-1433** to begin home delivery or you can register online at

www.express-scripts.com/TRICARE

C A L E N D A R

CLINIC CLOSURES:

November 12, 2012

November 22 & 23, 2012

December 24, 25, & 31 2012

January 1 & 18, 2013

Happy Holidays!

CLINIC EVENTS:

October 23, 2012

Volunteer Appreciation Reception
Kimbrough 3rd Floor, Main Conference Room
Time: 4:30pm—6:30pm

November 3, 2012

DIABETIC HEALTH FAIR
Kimbrough Ambulatory Care Center
Time: 8:00am—1:00pm

Patient/Family Centered Care (PFCC)

The Institute for Family-Centered Care was established in 1992 to advance the understanding and practice of family-centered care in all settings by promoting collaborative, empowering relationships among patients, families, and health care professionals. During the summer of 2010, the Institute proudly announced its new name: Institute for Patient- and Family-Centered Care (PFCC).

The 4 Core Concepts of PFCC:

- **Respect and dignity**
- **Information Sharing**
- **Participation**
- **Collaboration**

In the Spring of 2009, Kimbrough Ambulatory Care Center (KACC) initiated the development of a Patient/Family Advisory Council (PFAC) under the leadership of COL Ransom, Deputy Commander for Nursing. The PFAC is a self-governing group of Red Cross volunteers that are also patients at Kimbrough. The PFAC operates with its own Charter, By-laws and Standard Operating Procedures. PFAC members attend various community and KACC committee meetings to provide patient input.

The PFAC needs more members to continue this key link between beneficiaries and providers.

YOU'RE INVITED TO JOIN

We value your comments!

DATE:

Meetings held every 3rd Tuesday

TIME:

3:00pm —4:00pm

LOCATION:

3rd Floor, KACC - Conf. Rm

For more information on PFAC contact the Patient Advocate at (301) 677-8836 .



Department of the Army

